Abuse and Respect Wheels

The two wheels show two different kinds of behavior used in relationships with family members. The behaviors on the abuse wheel are behaviors that emotionally or physically hurt family members and are used to gain power over them. The behaviors on the respect wheel are ones that acknowledge other people's value and that consider other people's concerns.

The purpose of Step-Up is to help you move from the abuse wheel to the respect wheel in your relationships with family members. All of the skills we teach in the program will help you replace behaviors on the abuse wheel with behaviors on the respect wheel.